



# PSYCHOLOGICAL FIRST AID (PFA) WORKSHOP

## Introduction

We have all felt pain.

Losing our loved ones. Sidelined and unappreciated at work.

Betrayed by those we trust. Overwhelmed by the demands of life.

How do we help those who are struggling through these pains?  
PFA prepares you with such life skills.

This workshop equips you with the knowledge and skills to help  
someone who is in emotional anguish and anxiety.



8 hours



\$120 (no GST)



F2F / Blended



Certificate of  
Completion



Learners can attain  
the Certified PFA  
Practitioner by taking  
3 additional modules

## TOPICS

### 1. Introduction to PFA

- Definition, Concepts & Its Components

### 2. Crisis Intervention

- Crisis Intervention Concepts
- Reactions to a Crisis, Stress & Coping

### 3. Actions Principles in PFA

- PFA based on WHO Model
- Guidelines in Providing PFA
- Essential Skills in PFA

### 4. PFA Demo & Practice

Case scenarios are customised based on organization's needs

PFA is an evidence informed approach on how to support individuals and communities affected by a crisis. PFA has been endorsed and accepted by international agencies as the recommended basic response in a crisis. It is described by mental health experts as "acute intervention of choice".